Промінь
Promin

Мамина Сорочка
The Embroidered Blouse

Духовність
Spirituality

Часниковий Урожай
Garlic Harvest

Союз Українок Канади

August/September 2014 Issue

ПРОМІНЬ

Виходить що другого місяця,
видає
СОЮЗ УКРАЇНОК КАНАДИ
Рік *LIV*
серпень - вересень 2014

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Dr. Geraldine Nakonechny, C.M.
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Carla Kozak
Editor - Leona Bridges
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Administrator **- Carla Kozak**
Telephone 780-456-4141
promin@uwac-national.ca

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Canada

Союз Українок Канади
Ukrainian Women's Association of Canada
National Office
10611 - 110 Avenue
Edmonton AB T5H 1H7

РЕДАКЦІЙНА

Дорогі Читачі!

Хочу звернути увагу на всіх тих, що добровільно пишуть для "Проміня" через останні місяці. Такі добровільники як Карла Козак, Вівіяна Скакун, Оля Логвиненко, Марія Кіщук, Наталія Гриців, наша Крайова Голова, др-ка Джералдін Наконечна, та інші. Хочу також привітати нову співробітницю, Сестру Даниїлу! Побачите її статтю на сторінці 9. Не було досить місця, щоб помістити двомовну її статтю, отже тут написано по-англійському. Вона вміє добре писати й по-українському. У майбутньому, сподіємося дальших цікавих статтей написані нею відносно духовних справ. Наталя Торошенко напише серію статтей про її пригоди в Україні як спостережниця виборів. Перша її стаття появиться в числі жовтня/листопада.

Дуже прошу вислати мені свої оригінальні твори! Маємо щастя, що Оля Горегляд вислала "Променеві" свою казку "Черешню" на сторінці 8. Так гарно віддзеркалює цикл життя! Дякуємо! Вдалося б видати більше таких творів навіть по-англійське. Присилайте!

Нашим референткам "Проміня" також належиться поклін за звітування про відділи. Дивіться в сторінки 18 до 26. Євгенія Мельничук, Дарця Москалюк-Руткай, Леся Чайка й Євгенія Паверс написали про всякі підприємства та про заслужених членок. Інші відділи прислали фотографії.

Щира подяка Уляні Аміот та Зеновії Гайдей, які скоренько прилагодили матеріали про Український Музей Канади, Колеція Калгарі.

Прошу шукайте відповіді на питання в справі навчання української мови, які ми поставили вам в минулому числі. Цього разу, ми подали поміч у формі словничків.

Нарешті, не забувайте написати до "Проміня" про свою діяльність. Хочемо чути від вас. Між іншим, як там росте ваш часник? Напишіть і скажіть! Подаю свої дані: bridgesl@telus.net або текстуйте на число 780-619-4416.

Використовуйте літа й готуйтеся до відновлення Союзної праці!

З пошаною,

Леона Фарина Бриджес

Editorial

Dear Readers,

Having launched the first issue of Promin for which I was responsible, I wish to pay special tribute to those contributors who have frequently provided articles over the past few months. These are volunteers like Carla Kozak, Vivian Skakun, Ol'ha Logvynenko, Marie Kishchuk, Nataliya Grytsiv and our National President, Dr. Gerri Nakonechny. I wish to welcome a new contributor--Sister Danyila. You will find her first article on page 9. Due to space restraints, it appears here in English only, but she is multilingual and writes beautifully in Ukrainian, too. We can look forward to the continuation of this article in the next Promin and spiritual guidance in both languages in the future. Natalia Toroshenko of Vegreville, Alberta will debut a series of articles on her experiences as an observer of the elections in Ukraine in our October-November issue.

How about sending us some more of that creative writing of yours? Olga Goreglad of Oshawa submitted "The Cherry Tree", an original text in Ukrainian with a message about the cycle of life. I would be pleased to publish creative work in English, as well. Don't be shy!

Your official Promin representatives are also contributors to Promin. In this issue, news from the branches will be found on pages 18-26. Eugenia Melnychuk has reported on the Embroidered Blouse Event "Mamyna Sorochka" sponsored by Her Majesty St. Ol'ha's Branch of the UWAC of St. Volodymyr's Cathedral inToronto. Darcia Moscaluk-Rutkay has submitted a tribute to an outstanding member of the Sophia Rusova Branch of Toronto. Alice Chayka and Eugenia Powers have written about the Membership Tea in Saskatoon and a Book Launch in Hamilton, respectively. There is news from other branches, too.

I am grateful to Uliana Amiot and Zennovia Haydey, who, in such a timely manner, provided information about the Calgary Collection of the UMC, Alberta Branch, to be found on the back pages of this issue of Promin.

Please look for the answers to our language learning exercises featured in the June-July issue on page 26. Vocabulary help has been provided in this issue.

Finally, please keep Promin in mind when events take place in your branches. We are eager to hear all about them! And, by the way, how is your garlic growing? Please consider dropping us a note/email/text. We would be happy to feature it in our "Letters to the Editor". To get in touch, email bridgesl@telus.net or text 780-619-4416.

I hope you are enjoying the summer days and may you greet September refreshed and ready for another year of Soyuz activities!

Yours truly,

Leona Faryna Bridges

Please note that the deadline for submissions for our October/ November issue is **August 22, 2014**. Future submission deadlines will fall on or around the 20th of every second month beginning in August, should you wish to plan accordingly. For more information contact: promin@uwac-national.ca

DONATIONS

Yvonne Ivanochko, Toronto, ON $50
Olga Kuch, Etobicoke, ON $100
Anne Shepel, Kelowna,BC $5
Hanka Romanchych Branch, Saskatoon, SK $500
Olena Pchilka Branch, Yorkton, SK $75 in honour of long-time members Anne Acthymichuk, Phyllis Stanicki, Wilma Kirstiuk, and Olga Surkan
Sophia Rusova Branch, Etobicoke, ON $100

DONATIONS IN MEMORY OF LOVED ONES

Daughters of Ukraine Branch, Regina, SK $150 in memory of reposed members Elsie (Duden) Fekula (Feb.9, 2014) and Kay (Nidesh) Kreptul (April 16, 2014)
Vivian Gadowsky $100 in memory of Mary Metrunec
Olha Kobylianska Branch, Smoky Lake, AB $25 in memory of Marion Sawchuk (March 16, 2014)
Orisia Feist, Saskatoon, Sk $100 in memory of Anna Cipiwnyk
Vera Shevchuk, Willowdale, ON $50 in memory of Petro & Maria Shevchuk
Mary Humen, Saskatoon, SK $50 in memory of Mary Sturby
Maryann Kowalsky, Calgary, AB $100 in memory of Paraskevia (Pearl) Woron
Pauline Lysak, Edmonton, AB $25 in memory of her parents John & Mary Hryhor

DONATIONS SENT WITH THE ANKETA

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Olha Basarabova Branch, Waskatenau, AB $155
Olha Kobylianska Branch, Sheho, SK $50
Hanka Romanchych Branch, Saskatoon, SK $525
Lesia Ukrainka Branch, Edmonton, AB $1,000
Kniahynia Olha Branch, Toronto, ON $300
Sophia Rusova Branch, Etobicoke, ON $200

The members of the Promin Board join me in sincere thanks to each of you donors for your generous gifts. We are trying to make your Promin the magazine YOU want and need as Ukrainian Orthodox women, and these gracious gifts encourage us in our work. Thank you for your on-going support.

Carla Kozak, Chair

News from Geraldine Nakonechny, UWAC National President

Annual Meetings

The organizations, with which the Ukrainian Women's Association of Canada (UWAC) is affiliated, typically hold annual meetings from Spring to early Fall.

The annual meeting of the National Council of Women of Canada was held in Ottawa, Ontario June 6 to 8, 2014. Zora Jackson of the UWAC Ottawa branch represented UWAC - National at the meeting. Representing UWAC at the World Federation of Ukrainian Women's Organizations annual meeting July 8 to 10, 2014, in Paris France was Oksana Sushko of Hamilton, Ontario. A very sincere thank you is extended to Zora and Oksana for representing UWAC at the respective annual meetings. Reports of these meetings will appear in a subsequent issue of Promin.

The annual meeting of the Ukrainian Museum of Canada will be held August 22, 2014 at the Museum Headquarters in Saskatoon. All UWAC branches have been sent meeting information.

Typically in the months of September and October, the Provincial Branches of UWAC hold their annual meeting in conjunction with the Provincial USRL. At the time of printing, I have received the date of the Saskatchewan USRL meeting. It will be held at the Orthodox Auditorium in Regina, Saskatchewan on September 26 and 27, 2014. The Alberta USRL annual meeting will be held Saturday (p.m.), October 25, 2014, at St. John's Cathedral in Edmonton.

Symposium 2014 – Ukrainian Orthodoxy in the Global Family of Orthodox Churches: Past Present and Future – was held in Toronto May 8 to 10, 2014.

Vivian Skakun, UWAC – National 1st Vice President represented UWAC at the conference. Lesia Perritt was an official delegate sponsored by the Alberta Provincial Executive of the UWAC. Her summary report appears in this issue on page 28. The list of sessions is available on the website www.usracanada.org. Each speaker's presentation is available on You Tube. With the advent of new technology, we are very fortunate to be able to listen to the presentations from our homes. Please take advantage of listening to these inspiring and informative presentations.

USRL 59th Biennial Convention will be held in Calgary, Alberta August 5th to 9th, 2015. We hope that this early notification will assist you in making plans to attend the convention.

Compliments for Ukrainian Organizations

The Institute for Research on Public Policy conducted a research study on Ethnocultural Community Organizations and Immigrant Integration in Canada. In their summary, they reported that: " The Ukrainian –Canadian example illustrates the significant long-term benefits associated with strong organizations that, since the community took root in the 19th century (notably on the Prairies), have combined protection of community concerns with an outward-looking orientation. Ukrainian- Canadians have experienced significant upward economic and social mobility and have strong cultural and political representation at all levels." This is just one example of the value of cultural organizations.

Help for Ukraine Through the Canada Ukraine Foundation

In previous issues of Promin we appealed to our readers to support the people of Ukraine during the time of violence and suffering in their country by donating to the Canada Ukraine Foundation. A Canada Ukraine Foundation Humanitarian Aid update, is available on the website www.cufoundation.ca. This update describes the assistance given with the funds that were donated by various groups. Donations continue to be accepted and can be forwarded to:

Canada Ukraine Foundation
203 – 952 Main Street
Winnipeg, Manitoba
R2W 3P4

СЛУХАЄМО СВОЇХ ЧИТАЧІВ!

Щиро дякую за повідомлення та за поміщення нашої статті та кольорових знимок у журналі Промінь. Бажаю Вам Божого Благословення в творчій праці та в житті.

З вдячністю,
добр. Катерина,
Міссіссага, ОН

Congratulations on your fine work as Editor-in-Chief and Layout Editor of PROMIN.

This Easter issue was both interesting and attractive. I'm looking forward to reading more about the secrets of growing garlic. A neighbour of mine grows and dries some of the biggest, most beautiful garlic bulbs you'll ever see and insists that it's due entirely to the soil in his garden. My garden is basically across the road from his but I guess it must have much, much different soil!

I have always enjoyed receiving PROMIN. When it arrives, I pour myself a cup of coffee and sit down to read the issue cover to cover. Keep up the great work and have a happy summer!

Sincerely,
Eugenia Maleschok Powers,
Hamilton, ON

Best wishes to the new Promin Board. Promin has been a wonderful publication for an amazing number of years. So we look forward to its continued success.

Sincerely,
Doreen Wasylyshyn Keir,
Manotik, ON

Thank you for your thoughtful article in the most recent issue of Promin' about International Mother Language Day, something our community knows very little about. That fits so nicely with this year's honoring of Taras Shevchenko and Orysia Sushko's address to the United Nations on March 27.

Your article on Growing Great Garlic will educate many readers, both young and old.

Well done! We can be justly proud of our Promin' and of the women who make it happen.

Dobr. Nadia, **Edmonton, AB**

Thank you for another wonderful issue of Promin. Read from cover to cover!

Marie Kishchuk,
Saskatoon, SK

Congratulations on a fine issue of Promin. Being in this business for over 20 years, I understand the trials and tribulations of publishing such a journal. I am sending a $25.00 cheque from myself, as I would like to subscribe and get my own copy of Promin. May God grant you strength and patience in this endeavour.

Sincerely,
Darcia Moskaluk-Rutkay,
Toronto, ON

I really enjoyed this last Promin. The cover picture is wonderful and so appropriate. The articles inside are so informative. Keep up the good work Promin Team!

Dorothy Stachniak,
Edmonton, AB

I look forward to e-journals.

In Christ,
Dobr. Sonia,
North Battleford, SK

On the cover:
Nadia Opyr modelling an updated Bukovinian Blouse

SAINTS We Should Know

Рівноапостольна
св. Княгиня Ольга

Почнемо з коротенької історії правління Княгині Ольги.

Ольга одружилася з Князем Ігорем, який був князем Києва. У 942 році в них народився син Святослав. Ігор пішов походом на плем'я деревлян і підчас битви, підступом, деревляни його вбили. Після смерти Ігоря влада держави перейшла до рук його дружини Ольги аж доки їхньому синові Святославу сповнилося 21 рік.

Княгиня Ольга виявилася надзвичайно розумною і владолюбною правителькою держави. Вона вирішила зміцнити князівство для свого сина й придбати лояльність свого народу. Ольга подорожувала по цілій країні й коли бачила проблему, наставляла своїх представників, щоб розвязували проблему й здавали їй звіт. Вона забезпечувала князівство, будуючи сильні стіни і величезні дубові огорожі навкола міст. Також відбудовувала фортеці, зміцнювала охорону де було потрібно. Княгиня створювала осередки Верховної влади, якими керували її представники й крім того, виконували адміністративні й судові обов'язки.

Княгиня Ольга зміцнила армію і домагалася, щоб офіцери порядно трактували своїх солдатів і тому до війська вступали вояки зі Швеції, Данії та Німеччини, щоб втримати порядок і боротися для добра княгині та її сина. Багато з них дістали підвищення в ранзі за їхню відвагу й лояльність. Хоч не має точних даних коли саме Княгиня Ольга запізналася з християнством, знаємо, що вона поїхала до Константинополя і уклала союзний договір з Візантійським імператором Костянтином Багрянородним у 946 році і саме тоді ж прийняла Християнство—отримавши хрещення патріярхом і імператором у головному храмі Візантійської імперії в Софійському Соборі.

Повернувшись до Києва, Княгиня Ольга на власний кошт збудувала декілька церков: Церкви св. Миколая і Премудрости в Києві, Церкву Благовіщення у Витобську і Церкву св. Тройці в Псков. Вона радо ділилася своєю християнською вірою з людьми, з якими спілкувалася. Одначе, запровадити християнську релігію на Україні княгині не вдалося, бо негативна реакція політиків почала переслідувати християн. Її син, Святослав, вплинув на матір, щоб молилася тільки приватно, та щоб більше не старалася переконувати людей про християнство. Помимо того, Святослав високо цінив розумну пораду своєї матері через її далекоглядні та життям надбані погляди. Він також передав владу свого престола в руки Княгині Ольги, коли він ішов у походи, знаючи, що влада буде в надійних руках.

Року 969, коли Святослав зі своєю армією був у поході далеко за рікою Дунай, печеніги обступили Київ. Княгиня Ольга вислала посланців до сина Святослава, але між тим, сама зайнялася охороною міста, аж поки він повернувся назад і переміг печенігів. У цей час Ольга захворіла. Вона домагалася, щоб Князь Святослав, будучи сам язичником, похоронив її по-християнське. Незважаючи на протиставлення язичеських провідників, син виконав священний заповіт своєї матері—Княгині Ольги.

Переслідування християн продовжувалося після смерті Княгині Ольги, але все таки число охрещених збільшувалося. Внук Княгині Ольги, Володимир, посів київський престіл 980 року і був охрещений в 988 році. Найважливішим

осягненням Володимира було запровадження Християнства й охрещення всіх мешканців Києва. Він наказав знищити всіх ідолів і почав будувати церкви на їхніх місцях. Володимир спроваджував священиків з Константинополя, які вчили людей про нову релігію. Засновував школи, в яких діти заможніх родин мали можливість вчитися читати і писати і також поглиблювати знання про Християнську віру. Князь Володимир Великий надзвичайно багато зробив добра для охрещеної Київської Держави. Це піднесло політичний статус держави і духовне єднання зі своїми сусідами. Заслугою цього великого досягнення була Княгиня Ольга, бабуня Володимира, яка мала колосальний позитивний вплив на свого внука.

Дорогі сестри в Христі! Застановімся над майбутнім і подумаймо, як багато знань могли б нам принести розмови про нашу християнську віру з нашими дітьми й внуками, коли ми спілкуємося або виконуємо якесь приємне заняття пов'язана з нашою культурою.

Переклад Олі Логвиненко

Holy Equal-to-the-Apostles Saint Olga

Princess Olga married Prince Igor of Kiev and bore him a son, Svyatoslav, in 942. Igor launched a military campaign against the tribe of the Derevlians in 945 and was killed in an ambush. The leaders of the kingdom agreed that she should be regent until her son was 21. Those bare facts lay the foundation for a fascinating story.

As regent, Princess Olga resolved to strengthen the kingdom for her son by building up the prosperity and loyalty of the people. She traveled through the kingdom; wherever she saw a problem, she set up officials to solve that problem and to report their progress to her. She fortified the defenses of the kingdom by building strong walls of stone and huge oak beams around many cities and towns. She built forts to replace many outposts that had been merely huts. She set up centers for administering the law, and she later enlarged them into centers for legal, financial and trade matters.

At that time, soldiers were considered barely human. They were treated like animals. Olga strengthened the army by decreeing that the soldiers in her army be treated well by their officers, and men came from Sweden, Denmark and Germany to maintain order and to fight for Olga and for her son. Many received promotions to higher rank for their bravery and loyalty. No one knows how Princess Olga learned about Christianity; but in 954, she traveled to Constantinople and was baptized by Patriarch Theophylactus, with Emperor Constantine Porphyrogenitos as her godfather.

Returning to Kiev, she built churches - using her own money to pay for building the church of St. Nicholas and the church of the Holy Wisdom in Kiev, the church of the Annunciation of the Most Holy Theotokos in Vytebsk and the church of the Most Holy Trinity in Pskov – and she spoke of her new faith to everyone she met, even for a moment. She also tried to evangelize among the pagan leaders, but the men resisted her efforts. Strong political forces in the kingdom began to persecute Christians in Kiev-Rus. Princess Olga had to agree to pray only in private and to stop promoting Christianity among the people. However, because of her great wisdom and experience, Svyatoslav sought Olga's advice on all difficult matters; and when he was away on his frequent military campaigns, she handled all matters of government.

In 969, while Svyatoslav and the army were far away at the Danube River, the Pechenegs laid siege to Kiev. Olga sent messengers to her son and directed the defense of the city until Svyatoslav could arrive and defeat the Pechenegs. By this time, her health was failing. Olga demanded that Svyatoslav, still pagan, allow her to be buried and mourned in the Christian way; and, despite opposition from the pagan leaders, he agreed to this.

Even though persecution of Christians continued after her death, the number of conversions grew. Olga's grandson Vladimir came to the throne in 980 and was baptized as a Christian in 988, followed shortly thereafter by all the people of Kiev. Vladimir ordered the idols to be destroyed and churches to be built where the idols had stood. He brought priests from Constantinople to instruct his people in the new faith, and he set up schools where children from the most important families learned to read and write and studied the Christian faith. All

of this happened because one woman, in the face of enormous opposition, spoke to her grandson of her precious faith while they ate their meals together and walked among the gardens.

Dear sisters in Christ, let us dare to dream of what future good may happen because we speak to our children and grandchildren of our faith while we eat lunch with them or write pysanky with them or let them help us make nalysnyky.

Sources:
1. Zenkovsky, Serge, ed.; Medieval Russia's epics, chronicles and tales. Vanderbilt U., Dutton Publishers, New York, 1974
2. St. Olga, Princess of Russia (www.antiochian.org/node/18986)
3. Saint Olga of Kiev (www.en.wikipedia.ord/wiki/Olga_of_Kiev)

Researched and written by Carla Kozak

Рідне Слово
Черешня

Осіннього дня, Яків настирливо дивиться на вітром зриваючи пожовкле листя черешні, що опадає мимоволі на землю. Хлопчина залюбки вмістився біля вікна в теплій хаті й міркував скільки то потіхи й користі було з цього дерева, коли на ньому пишалися овочі – черешні.

Але цього року й декілька років назад не видно було соковитих черешень. Навіть птахи опустили це засихаюче дерево. Тато й мама та й він сам не шукали його прохолодної тіні в літні гарячі дні.

Йому пригадалися добрі часи. Коли всюди сяяло сонце, пахло літом, а таки найвигідніше було сісти під симетрично розложеним черешневим деревом і споглядати на окружаючий світ.

Яків пам'ятає, коли він мусив відганяти птахів, які нераз вкрадалися подзьобати червоних ягід на вершині дерева. Хто не любить смачних темно-червоних овочів черешні? Він цілий сезон пильнував, щоби фрукти доспіли на сонці цілковито. Бо вони будуть багато солодші й виглядатимуть як намальовані, коли зриватимуть їх у кошик. Дозрілі черешні позривано на людські потреби. Залишилося далі зелене, розкішно розташоване листя.

Малому хлопцеві пригадалося коли тато показував йому як дерево наповнялося пуччям. Ранньою весною усі заглядають за пробудженою природою. Цікаво було бачити хлопчині, що з приходом теплих дощових днів, пуччя перемінилося на листя і цвіт. А цвіт на диво такий гарний, рожево-білий. Навіть бджоли знали, що у нас цвіте черешня.

Несподівано подув весняний, нераз зривчастий вітерець і недовготриваючий молочний цвіт осипався. А під ним наповнилися бруньки. Весна набирала свого чару й краси. Листя побільшувалося, а поміж ним можна було зауважити маленькі зав'язки овочів.

"Чому так є?" думав Яків. Адже кожна рослина створена Богом. Має свій цикл життя. Приносить плоди й продовжує рід.

Притаманним їй розмаєм і врожайністю посаджена черешня втішилася довгі роки. На жаль, настали несприятливі явища природи й улюблена черешня почала втрачати життєву епоху.

Вкінці, малий Яків постановив ретельно доглядати дерево-черешню, яка росла в невеликому саду, біля рідної хати.

Оля Горегляд,
Ошава, Онтаріо

Словничок

Настирливо – intensely
Мимоволі – involuntarily
Залюбки – gladly
Окружаючий – surrounding
Доспіли (доспіти) – ripened
Пуччя (пучок/пучки) – fascicles, bundles, buds
Притаманним (притаманний) – characteristic
Розмаєм (розмай) – decorative flowers and greenery
Епоху (ероха) – epoch, age
Ретельно - diligently

WHY AM I ALIVE? WHAT IS THE PURPOSE OF MY LIFE? WHAT IS THE REASON FOR MY EXISTENCE?

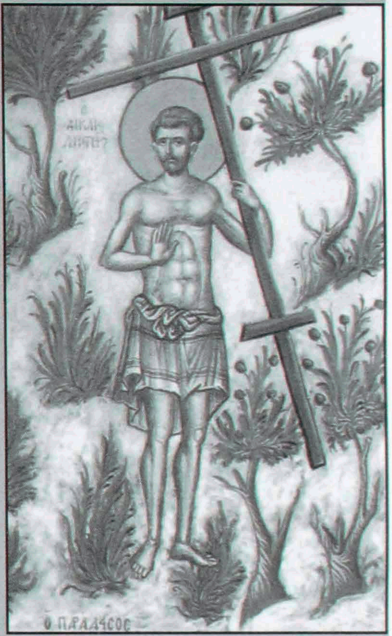
The ultimate goal of every human being is theosis: "becoming God by grace". Metropolitan Ilarion explains this notion in his book The Theosis of Man is the Aim of Human Life: "… the theosis of man is real. It is the transfiguration of the soul caused by the divine power. It is the virtual joining of the Deity. It is a gradual spiritualization of a spiritual being, and its completion is the substantial and physical unity of the Soul with God." (Митрополит Іларіон. Обоження Людини – ціль людського життя. Богословська студія.- Вінніпег, 1954, с. 5, 57.).

The theosis of humans was started by God Himself. Humans were made in the Image and Likeness of God. In Genesis 1:26, God says, "Let Us make mankind in Our image, in Our likeness, so that they may rule over the fish in the sea and the birds in the sky, over the livestock and all the wild animals, and over all the creatures that move along the ground."

I have noticed a commonality in the behaviour of the young couples I know. Once they realize that they are prospective parents, they do their best to find a house to call their own. Then, they thoroughly repair it and adjust it to make it welcoming and friendly for their future child. When we look at God's work, we notice the same behaviour. God expended much time and effort and gave much attention to detail to build a perfect house for His best beloved child, the human being. Only when the earth was ready did God create his child, Adam. And the first thing He did was to show all the beauty of creation to His child and tell Adam that everything therein belonged to him (Gen.1:27-30) In this Biblical passage, we see the three Persons of the Divinity talking amongst themselves, rejoicing in their similarity to their beloved child. The Holy Trinity sees Itself in the human being.

Returning to the young family, I have noticed that, after the baby is born, everyone discusses whom the child resembles--mom, dad or both of them? God considers every human as His best beloved child. God not only created a beautiful home (Earth) for humankind, but He also planned for an education in the science of discerning Good from Evil. God prepared a bright future for the child, that is, a future living in God, in His glory and beatitude. God accompanies His human child at every moment of his or her life, studying and watching over him closely, continually. God also respects His child's freedom and right of choice.

Humans were created to experience a normal, natural state of



Robber First to Enter the Paradise - Icon

existence that is the same as God's state. That is the state of "experiencing unstoppable joy, happiness, peace, love, being in God". It is not accidental that humans are naturally attracted to this state: we were created by God to experience joy, happiness, peace and love constantly.

Human beings do not become divine by nature. However, if we participate in God's essence or nature, we can also participate in God's divine energy, such as glory, life, love, virtue, power.

How can I achieve theosis, "being God by grace"?

The journey towards obtaining this unity with God includes many forms of living in the community of the church and partaking regularly of the sacraments, and especially the Eucharist. The 'doer' in deification is the Holy Spirit, with whom the human being collaborates to receive this grace through religious practices and prayer.

"Prayer is, by its very nature, a dialogue and a union with God." In its broadest meaning, prayer is every act of communication with God. For example, our charitable acts to benefit the poor, the Church, etc. are acts of prayer. Charity is not necessarily monetary. Charity can be any kind of help--using our hands, verbal support, advice. Prayer is also our physical sign of the cross, prostrations, worshipping during Church services, our personal internal relation to God.

St. Gregory the Sinaite says: "We acquire God by either activity, labor, or the artful calling on the name of Jesus." He then explains that the first way is longer than the second; the second is faster and more effective. Many Holy Fathers consider religious practices as one wing rising to God, then prayer to be a second wing. Prayer illuminates, strengthens, enlivens, conquers all enemies visible and invisible, and leads us to God.

In its narrowest sense, we use the term "prayer" for our verbal or mental communication with God. Prayer is a natural and effective connection with God; it is the most powerful source of our Christian strength. "Prayer by its very nature is a dialogue and a union with God. ...It is expiation of sin, a bridge over temptation, a barrier against affliction. It wipes out conflict, is the work of Angels and the nourishment of all bodiless beings. Prayer is future gladness, an endless work, a wellspring of virtues, a source of grace, hidden progress, food for the soul, an illumination of the mind, an axe against despair, a proof of hope, sorrow done away with, the wealth of monks, the treasure of hesychasts, the reduction of anger, the mirror of progress, a demonstration of success, evidence of one's condition, the future revealed and a sign of glory. For him who truly prays, prayer is the court, the judgment hall and the tribunal of the Lord before the judgment to come". (Ladder. St. John of Sinai. Step 28.)

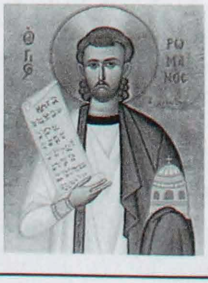
"Acquire the habit of prayer and it will be easy for you to do good. A Christian is expected to perform many good works, but the act of prayer is fundamental, because without prayer it is not possible to do good." ("The Way of the Pilgrim". New York: Doubleday, 1978, pp. 17-18.)

Sister Danyila, UOCC
...to be continued

The Alberta Benevolent Cantor Association

THE ALBERTA BENEVOLENT CANTOR ASSOCIATION provides training and resource material for cantors in Ukrainian Orthodox parishes. We welcome all interested individuals to become members and those who wish to train as cantors.

Alberta Benevolent Cantor Association
11837 – 66 Street
Edmonton, Alberta T5B 1J2
Telephone (780) 990-0019
info@albertacantors.ca



St. Romanus, the melodist

Embracing Change: Growing Your Faith as an Orthodox Woman in 2013

Sonia Udod, RN, PhD

This article is based on a presentation to the Ukrainian Women's Association of Canada in August, 2013 at the Ukrainian Self Reliance League of Canada Convention in Saskatoon, Saskatchewan.

Orthodox women in the 21st century face challenges their predecessors may not have experienced. The modern Orthodox Christian woman, like other women in the world, often works long hours outside the home and may have long commutes. Her job may require travel. She is influenced by technological changes affecting her daily life. Some Orthodox women are the sandwich generation. They also care for children and stepchildren, experience blended families, divorce, painful family relationships, etc. Moreover, they experience never-ending activities in which the seemingly urgent is always competing for the time of the truly important. The challenge lies in carving out the time needed to spend with God, to take time for one's self and other life events that are important, to not be distracted. But how can we do this in a way that is meaningful and productive?

"The Disciplines"

There are three disciplines that have helped me to live a life of faith in the way that I know for now. These disciplines provide a template for balancing daily life as an Orthodox Christian woman, and I trust, that as I continue to grow in the faith, more will be revealed.

First, I make prayer a priority. This is neither surprising, nor new to you. Let me begin by sharing a story about a hair stylist and her salon, in which not only haircuts are provided, but also energy healing sessions, empowerment necklaces and ion-infused water are offered for purchase to embrace a healthier lifestyle. I hear words such as "refreshing, healing, and soothing," and although I do not know much about new age therapies, I do think they can be helpful. I have reflected on the reason these services are becoming so common. Could it be these therapies are replacing the spiritual nourishment that attendance in church has provided in the past, and do these therapies supposedly quell the angst and anxiety of the soul? Do we think that such treatments are suitable and appropriate substitutes for taking away the pains and hurts of our soul through the removal of undesirable energies? Could our desire for better mental health be a factor in the plethora of these new age therapies?

A study at the University of Toronto found a 353 per cent increase in antidepressant prescriptions between 1981 and 2000 (University of Toronto Magazine, 2003). One has to ask: are more people sick or are more people diagnosed? There is, of course, greater awareness and less shame associated with suffering from depression and antidepressants are now prescribed for other conditions. But the question remains: is there more depression? There are many possible causes – the collapse of the family as a source of strength, stress and the need or desire to work more hours.

We know our souls connect to God and our spirit connects to God when we pray. But only as we pray in God's own Spirit of Truth will our prayer be the doorway to abundant life. There are many forms of prayer, but a thirst for spiritual nourishment can lead people to take the easy way out, or follow popular external mechanisms and, in so doing, replace God or lose sight of God's will.

But what is prayer? Prayer is bringing one's whole self--heart, mind and body before God, that he may, in turn, fill us with His own abundant life. Through prayer, we may be better able to determine His will for us.

Second, I aspire to careful discernment. Through prayer, we may identify goals and priorities that result in well-developed plans. The challenge is to ensure we are not distracted from God's purpose by being caught up in other people's priorities. It is possible to flourish and have fulfillment in both the spiritual life and natural life without feeling we are neglecting either one, but it requires careful discernment and prayer. Setting priorities means we must be full participants in the creation of a healthy, vital life where God is served, families are loved and secure, and work is honoured.

An article by Dr. Gayle Woloschak, a prominent and brilliant scientist in the United States and an active member of the Ukrainian Orthodox Church in America, wrote an article titled Science and Religion: Friends or Foes? In it, she refers to a survey in a prominent science journal in which over half of the scientists indicated they do not believe in God. Scientists depend on facts and measurements. They have distanced themselves from the non-concrete world that cannot be proven. Scientists and researchers look to prove hypotheses and research questions. While this makes sense in the work world, all too often, these brilliant people replace the God of the spiritual world with the God of science. This is an example of the distortion of the spiritual and natural worlds that God does not want us to follow. We must use the tools given to us by God (prayer, careful discernment) to help each other and, at the same time, safeguard those tools from abuse that can lead to harm or a distraction of God's will for us.

The third discipline is gratitude. Sometimes what brings us to the faith is pain. I came across a woman who struggled after losing a child. "I didn't see God as Love until years after I lost my daughter. I wanted to know why my child had to die. Depression caused me to doubt God's love and I came to God in sorrow. When I found God in my personal journey, I found love." We have all experienced the sorrow, struggle and grief of the human condition. Sometimes this pain leads us to feel self-pity, self-justification or self-indulgence. We must offer our grief, sorrow, anger and joy to God, and forgive ourselves.

Christ called His disciples to love one another. We cannot live in isolation and each of us has special gifts that can be used to benefit and support others. We can offer these gifts to God and to each other to overcome adversity and experience gratitude.

I offer a challenge to all of us. To increase the number of young Orthodox women in our organization and our church requires us to recruit and encourage them to help us solve our most pressing problems. If we do not include these women, we are at risk of losing a much needed perspective in achieving a more balanced representation of individuals that will benefit us all.

God has a plan for each one of us that will bring about a proper balance between our spiritual and natural life. It is through making time for Him that we find this plan. As we allow God to order our lives, not taking on more than we can handle or are called by Him to do, but rather, like wise women, consider all of our choices in the presence of God before we proceed, our lives are bound to make room for all that is needed. If we follow God's will, we will live in abundance and in Truth. May God grant us wisdom and strength to properly use that which He has given us.

Correction:
In our June/July issue we incorrectly cited a donation on page 33. The donation of $50 in memory of Olga Byckal and Anastasia Nahirney was donated by the Olena Pchilka branch in North Battleford, SK.
We appologize for our error.

Secrets of Growing Great Garlic Part 3

by Vivian Skakun

Why grow garlic? Are we planning to enter our garlic in a Bench Show competition at our local garlic festival? Do we intend to sell our garlic at a farmer's market? Or is it for our personal use and for sharing with family and friends? Whatever the reason for growing garlic, we continue best practices to ensure quality garlic for the season in our kitchen and in our garden.

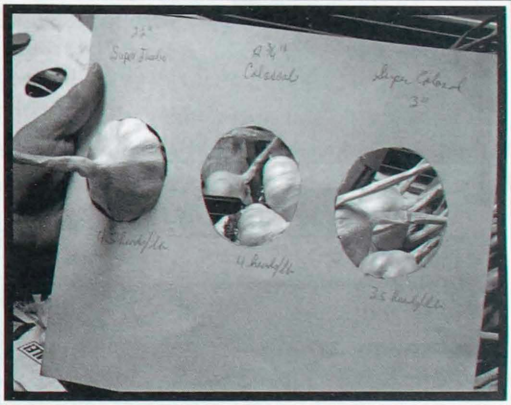
Cleaning and Curing

The garlic has been dug and now we need to manage the harvest properly, maintaining optimum conditions. The first cleaning comes after the roots of the garlic have been trimmed and the garlic is partly cured. We lightly brush the dirt from the root area and take one layer of skin off. If it doesn't come off easily, it still needs to cure a little bit longer. If the scapes have not been removed before harvest, it is better to leave them on until they are dry. For better curing, do not remove the stems and leaves until they are dry. Separate the garlic that you plan to braid. For the garlic that will not be braided, trim the stem and leaves about 1" from the bulb of the garlic to keep it intact.

Garlic has been cleaned and set out on the deck during the day. It is stored in the garage in the evening and when there is a threat of rain.

Sizing and Sorting

After the garlic is cured, I grade all the garlic. The Garlic Association of Ontario has established nine grade sizes with the following diameters: Super Colossal - 3 inches, Colossal - 2¾", Super Jumbo – 2½", Extra Jumbo – 2¼", Jumbo – 2", Large Tube – 1¾", Medium Tube – 1⅝"and Small Tube – 1½". Growers grade the garlic by passing it through sizing rings. I prefer to make templates.

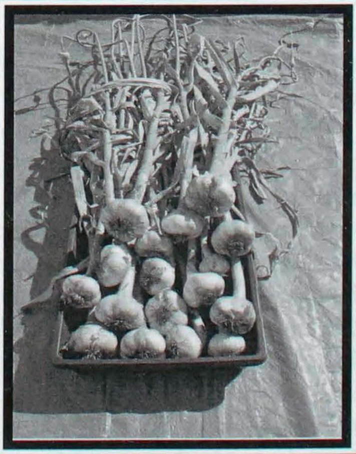


Template of three sizes of garlic: Super jumbo, colossal and super colossal - Photo by Ernest Skakun

Using stiff paper, I draw and cut circles according to the recommended diameters to make templates of the nine sizes. Then I sort and group the garlic accordingly. After two or three cleanings, the graded garlic is ready to braid.

Why Braid?

Braided garlic keeps better. It will have better air circulation when it is braided and hung in a location with low humidity and temperatures of between 60-70°F or 16-21°C.

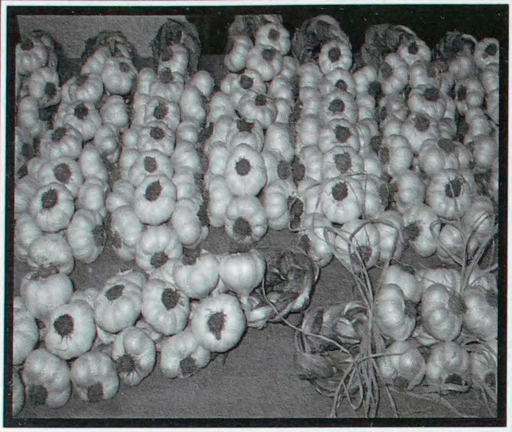


Cleaned garlic in trays on tarp - Photo by Ernest Skakun

Garlic in trays on shelving in garage - Photo by Ernest Skakun

Growing Garlic for Market

Some gardeners sell their garlic in bulk without grading it. The price point for this product is less than garlic that has been cleaned, graded and braided. Decorating it will also change the price.



Garlic Braids - Photo by Ernest Skakun

Quality mature certified garlic can be sold as planting stock for $3.50 - $4.00 per bulb. "Fresh garlic", garlic scapes or mature bulbs can be sold as a culinary herb to restaurants, specialty stores or farmer's markets.

While grading and sorting the garlic, cull the bulbs that have one clove damaged in an otherwise healthy bulb. These bulbs can be processed as dehydrated garlic, pickled garlic or garlic jelly.

Stinking Rose

Garlic, when cured and stored properly, does not stink. However if, upon entering the storage room, you detect a bad smell, then it's time to go through your garlic to find the culprit and cull the damaged bulb. If you don't, it will begin to mold or spoil and will let off an unpleasant odor.

Growing Garlic for Bench Show Competition

If you plan to enter your garlic into a competition, obtain the registration details. Judges will check entries for the condition of the garlic, size of bulb, form and color. Braids may be judged on uniformity of bulb size, shape, symmetry and eye appeal. Contact the promoters of the garlic festival for the categories of entries.

Garlic in the Kitchen

Roasted garlic in terra cotta ware: Soak the dome in water for ½ hour. Cut the top off the garlic bulb about ½-¾" to expose the cloves. Set the garlic on the base, drizzle 1 Tablespoon olive oil on each garlic head and seaon with salt and pepper. Cover with the pre-soaked dome, place in cold oven and bake at 325°F for about 30 minutes or less, until the cloves are soft when tested.

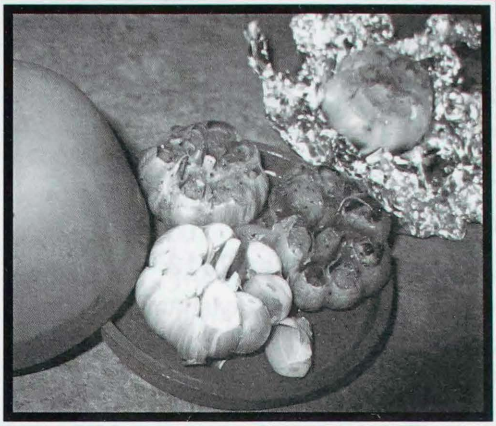
Roasted in foil: To roast the garlic in foil, prepare as above and wrap each bulb of garlic. Set it in the oven to roast at 325°F for about 45 minutes or until the cloves are soft when tested. Note: the terra cotta earthenware is much hotter than the foil and requires less time for roasting.

Using Roasted Garlic in Recipes: Separate the roasted cloves and pull away the skin or squeeze the soft cloves out of their skins. Spread on bread or add to mayonnaise or home made salad dressing for garlic flavor.

Baked Garlic Spread (Source unknown)

1 head of roasted garlic
1-8 oz. package of cream cheese
¼ cup butter
½ tsp. salt
2 tbsp. chives or garlic greens, chopped

Mash and blend the cream cheese, butter, roasted garlic and salt. Add the chopped chives or garlic greens and blend the mixture. Refrigerate. This spread can be served on crackers, celery, baked potato, and pasta or in pita bread.



Cross-sections of: one raw hard neck garlic, two garlic bulbs baked in Terra cotta, and one garlic bulb baked in foil.
-Photo by Vivian Skakun

Pickled Garlic (Friends of the Andrew Garlic Festival Association, March 2000, p. 53, Garlic Delights)

½ lb. garlic cloves
1 large red pepper, seeded and slivered
2 cups white vinegar
⅔ cup granulated sugar
½ tsp. mustard seed
½ tsp. celery seed

Peel garlic. Cut the large cloves in half. Combine with red pepper.

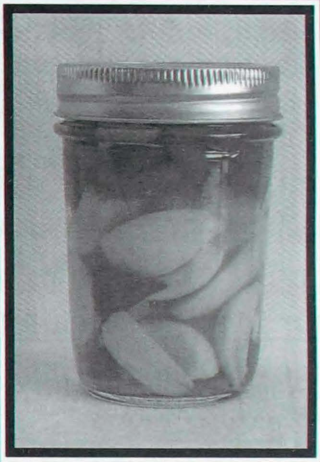
Measure vinegar and sugar into a stainless steel saucepan. Tie mustard seed and celery seed in cheesecloth. Add to saucepan. Heat on medium-high, stirring frequently, until it boils. Simmer for 5 minutes. Add garlic and red pepper. Return to boil and boil 3 minutes. Discard spice bag. Fill hot sterilized jars with garlic and red peppers to within 1 inch of the top. Fill the jars with hot brine to within ¼" of the top. Seal. Process the jars in a canner for 5 minutes. Serve after several weeks. Makes 2 half-pints.

Pickled Garlic Recipe (Martha Pawliuk of Two Hills, Alberta)

8 oz. jar
Peel garlic to fill the jar
⅔ cup white vinegar
3 tbsp. sugar
¼ tsp. pickling salt
½ tsp. mixed pickling spice
3 sprigs of fresh thyme

Cut big cloves in half. In small saucepan, combine white vinegar, sugar, pickling salt and pickling spice and boil until the sugar dissolves. Add the garlic cloves to the liquid and simmer for one minute. Put 3" sprigs of thyme in the jar and fill the jar with the garlic and hot liquid. Seal and let it sit on the counter for 24 hours. It will keep in the fridge for two months.

Vivian Skakun
...Part four ... next issue



Pickled Garlic and Red Peppers
-Photo by Ernest Skakun

Vocabulary for "Growing Garlic Part 3"

Intend – *to have in mind as something to be done or brought about*

Practices – *systematic exercises to achieve a purpose*

Optimum – *the best or highest standard*

Curing – *a method of preserving*

Grading – *a classification based on size*

Humidity – *moistness, dampness*

Certified – *guaranteed, reliably endorsed*

Dehydrated – *having been deprived of water*

Uniformity – *overall sameness or regularity*

Categories – *classificatory divisions in any field of knowl-*

IN THE KITCHEN

Seasonal Recipes from "75th Anniversary Memories", 1934 – 2009, compiled by UWAC Olena Pchilka Branch, Aylsham–Codette, Saskatchewan, published October 2013

To obtain a copy of the 75th Anniversary Memories Cookbook by the UWAC Aylsham-Codette Branch contact:

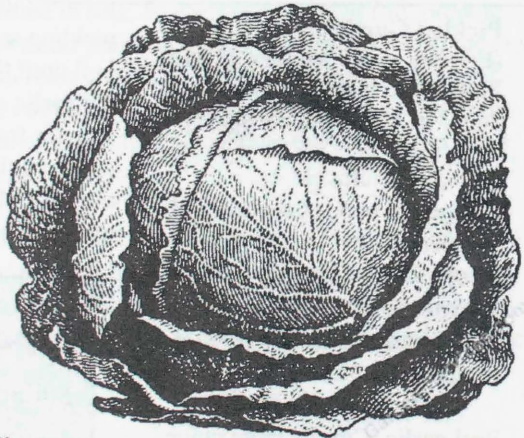
Connie Nastiuk 306 873 5551 email cnastiuk@hotmail.com OR
Marilyn Kozun 306 862 5695 email e.m.kozun@sasktel.net

Cost of cookbook: $20 plus shipping and handling

Sour Leaves for Holubstsi

(submitted by Marilyn Kozun)

1 cup pickling salt to 20 cups water
Cabbage heads (not winter storage cabbage)



Remove cores from cabbage heads by cutting out a cone shape with a sharp pointed knife. Pack heads into barrel (a Rubbermaid garbage can works well). Dissolve salt in cold water. Pour over cabbage, making as many batches of salt solution as necessary to barely cover cabbage. Weigh down with a plate or board and a heavy object on top. I use a cutting board and a large stone.

Cover with a cloth (do not use a plastic cover). In a few days when the cabbage softens and settles, a few more heads may be added if desired. Check every 2 to 3 days. Remove the scum that forms as a result of fermentation. At a temperature of about 20°C, fermentation will take approximately 3 weeks. Outer leaves may be removed and inner heads left longer if necessary. If cabbage heads are very large, it may be necessary to cut them in half. This may shorten the fermentation time.

To package, cut the thick centre core from the leaves when taking the heads apart; then pack the leaves into large Ziploc bags to freeze. Leaves become even more pliable once frozen. When thawing and making holubtsi, leftover leaves can be refrozen.

Zucchini Pie
(submitted by Mary Rudy)

3 cups peeled, grated zucchini

1	med. onion, finely chopped
¼ cup	oil
1 cup	grated cheddar cheese
½ cup	finely chopped green pepper
3	eggs
1 cup	Bisquick

Salt and pepper

Combine zucchini, onion, oil, cheese and green pepper. Beat eggs; add Bisquick and seasonings. Combine with the zucchini mixture. Pour into a greased pie plate. Bake at 350°F for 30 minutes. Let stand for 5 minutes before serving.

Mustard Beet Pickles
(submitted by Nettie French)

½ cup	dry mustard
5 cups	sugar
1 tsp.	turmeric
1 cup	flour
6 cups	vinegar, divided
1 ½ tsp.	pickling salt
2 tbsp.	celery seed (tied in a bag)
5 qt.	cooked and diced beets (20 cups)

Dissolve mustard, sugar, turmeric and flour in part of vinegar. Whisk to ensure no lumps. Heat remaining vinegar and add to mustard mixture. Add salt and bagged celery seed. Cook until thickened and no raw taste. Pour over beets and mix well. Fill and seal jars.

Tomato Sauce
(submitted by Shawna Kozun)

¼ cup	salad oil
3	med. onions, thinly sliced
3	large carrots
2	med. green peppers, chopped
2	cloves garlic, diced
20 cups	tomatoes, peeled & chopped
12 oz. can	tomato paste
¼ cup	brown sugar
2 tbsp.	salt
2 tsp.	oregano leaves
1 ½ tsp.	basil
½ tsp.	pepper
	Celery (optional)

In a large Dutch oven, cook onions, carrots, peppers, and garlic in oil over medium heat until tender. Stir; add tomatoes and remaining ingredients. Heat to boiling point. Reduce to simmer. Partially cover Dutch oven and cook 2 hours, stirring occasionally.

Add hot sauce to warm jars, cover and they will seal. Makes about 9 pints.

**Can be used for spaghetti, Swiss steak, pizza or as a soup starter.

Новини відділів

С.У.К. Відділ св. Кн. Ольги при Катедрі св. Володимира й Український Музей Філія Онтаріо влаштовують "Мамину Сорочку" Оквілл, Онтаріо

В неділю 4 травня 2014р. в Осередку культури св. Володимира в Оквілл відбулася визначна культурна імпреза, зорганізована членками Союзу Українок Канади відділ св. кн. Ольги при Катедрі св. Володимира в Торонто і Українського Музею Союзу Українок Канади Філія Онтаріо, під заголовком **МАМИНА СОРОЧКА.**

Багато членок Відділу на чолі з Головою, Вірою Мельник, і співголовами Організаційного Комітету, Славкою Самець – Шевчук і Зеновією Зміївською, також багато членок музею на чолі з Головою, Іванкою Іваночко, і куратором, Дарією Дяковською, віддали величезну кількість часу, праці, зусиль і уяви, щоб ця подія відбулась. Члени організаційного Комітету--Дарія Дяковська, Леся Галій, Дарця Гасі, Соня Голяд, Сандра Гайдук, Іванка Іваночко, Віра Мельник, Клавдія Микитюк, Ігор Процюк, Олександра Семенюк, Леся Шиповик.

Відкриваючи свято, співголова Організаційного комітету С. Самець-Шевчук привітала присутніх, зокрема Преосвященного Владику Андрія, Єпископа Східньої Єпархії Української Православної Церкви в Канаді, всечесних отців, шановних добродійок, усіх дорогих гостей, побажала приємно провести час, насолоджуватись побаченою красою. Вона підкреслила, що в великій мірі завдяки музеям – таким як наш і багатьом другим--культурна спадщина нашого українського народу не загинула, а пережила і відроджується так в Україні, як і в місцях поселення українців по цілому світі.. Ми тішимось, що можемо представити ті чудові експонати Вам – присутнім, що ви цінуєте і поважаєте зусилля наших попередниць і їх наступниць, які зберегли ті скарби так матеріальної як і духової культури.

Теплі і щирі слова сказала також співголова З. Зміївська: "Мамина сорочка, це є наш скарб. Це символ найсильнішої любови– материнської любови. Мамина сорочка, це символ нашого національного духу, наших високих ідеалів як українці, нашої тяжкої долі. І цей символ єднає нас з нашим минулим, з нашими предками, з нашими рідними – так на Україні як і в діяспорі."

Привіт Голови Союзу Українок Канади відділ св. кн. Ольги, Віри Мельник, був також дуже емоційний і милий. Вона підкреслила що: "Головна мета С. У. К. як і

нашого Відділу це зберігати і продовжувати релігійні й національні надбання і традиції українського народу і передавати їх наступним поколінням.. Нинішня імпреза, Мамина Сорочка, підтримує цю мету. Ці старовинні чудові сорочки були любо ткані і вишиті руками наших предків, які жили в кожному куточку по цілій Україні.". Вона з гордістю підкреслила, що в сьогоднішній події бере участь багато молоді і це є запорукою, що наша культура, наші традиції не загинуть, а будуть продовжуватись і розвиватись. Сказала також гарні, теплі слова подяки усім, хто причинився до здійснення тподії, зокрема Андрієві Жданів і його товаришам з < A P G > DISPLAYS, котрі зробили величезну працю. Вони подали своє образове приладдя тобто телевізійні екрани, завдяки яким можна було оглянути мапу України, прізвища спонсорів, кожну сорочку і усі деталі вишивок, а також звукове приладдя (музичний акомпанемент підчас презентації). Подякувала всім за їх присутність, за їх підтримку.

Також гарні слова привіту сказала Голова музею, І. Іваночко: "Ця подія під назвою "Мамина сорочка" є доказом богатства українського мистецтва. Цього року, святкуючи 70-ліття нашої філії, згадуємо наших піонерів, заслужених членок Союзу Українок Канади. Ті віддані членки зуміли зберегти вартісні експонати, які стали основою теперішнього музею. Нехай згадка про них стане для нас дороговказом на майбутнє."

Пісню "Мамина сорочка" з великим відчуттям заспівала Віра Зміївська; акомпанемент--Андрій Дмитрович.

Преосвященний Владика Андрій провів молитву. А відтак усі частувалися смачним обідом, котрий приготовила Троянда Кетерінґ. Подячну молитву провів о. протопр. Богдан Сенцьо.

Головну доповідачку, куратора вистави, п. Дарію Дяковську, представила Надя Зміївська. Вона пригадала, що п. Дяковська вже довгі роки віддає свої знання, свою добровільну працю, свої сили для збереження і розвиток української культури. Вже від 1998р. вона віддано працює в тій ділянці. Була організатором і куратором 18 виставок на різноманітні теми в нашому музеї. Кожна виставка була докладно і артистично оформлена.

Під звуки мелодій українських композиторів, молоденькі дівчата презентували присутнім чудові старовинні сорочки з усіх куточків України. Сорочки вишиті руками наших предків – матерів, бабусь і прабабусь. Вони робили це найчастіше довгими, зимовими вечорами при світлі свічки чи нефтової лямпи, бо літом треба було тяжко працювати в полі.

Показано 16 сорочок. Презентуючи розвішену на спеціяльному стояку сорочку, дівчата, котрі їх вносили, входили на спеціяльно побудовану сцену, яка була прокладена через цілу середину залі.

Сорочки були з усіх куточків України: з Полісся, Волині, Галичини (з Опілля, Яворівщини, Сокальщини), з Бойківщини, Лемківщини, Закарпаття, Гуцульщини, Буковини, Поділля, Покуття, Слобожанщини, Причорноморя та Приазов'я, та з Середнього Подніпров'я (з Київщини, Черкащини, Полтавщини).

Презентували дівчата: Емілія Байрачна, Леся Буцьора, Катя Цюпка, Іванка Гені, Наталія Хахула, Надя Когут, Наталя Сидоренко, Соломія Турчин. Кожна сорочка була докладно пояснювана кураторкою вистави, Д. Дяковською. Вона докладно розказувала про особливість кожного експонату. Неможливо повторити 16 точних описів. Тільки для прикладу декотрі: " І ось звідси, з Волині зайшла до нас ця стародавня волинська сорочка. Вона пошита з домотканого конопляного полотна.

Як і на Поліссі, кольори вишивки на рукаві червоні і чорні. Повторюється рослинний мотив гвоз-

диків на рукаві виконаний хрестиковим стібом." І ще коротенько: "На схід від Києва, біля Полтави, де пишається українська мова, знайшлася ця краса.. Рукав делікатно, але соцільно вишитий трьома пелюстковими квіточками гладю. Призбірки під уставкою, так звані "пухлики", розширують рукав а при манжетах звужують його. Поділ сорочки вишитий зтриманим взором квітів". Усі ці пояснення були детально докладні і надзвичайно цікаві.

Віддаючи шану сьогоднішньому поколінню українського народу, котрий тяжко бореться за свою долю, зокрема низько схиляючи голови за полеглих на Майдані героїв "Небесної сотні", присутні з надзвичайною увагою і захопленням вислухали "Мелодію", чудово, віртуозно виконану на скрипці Вірою Зміївською, акомпанемент--А. Дмитрович. На закінчення український славень " Ще не вмерла Україна" дійсно з'єднав нас усіх в одну велику українську родину.

Багато людей доложило великих зусиль і труду, щоб ця подія відбулася. Велика подяка усім, зокрема щедрим спонсорам, котрі допомогли провести цю імпрезу. А передовсім велика подяка усім, котрі прийшли, підтримали цю МАМИНУ СОРОЧКУ, пережили велике піднесення духа, побачили і вислухали велику красу з України, зосереджену в тих вишитих маминих сорочках.

Євгенія Мельничук

Ukrainian Museum of Canada, Manitoba Branch News

Carole Romanyk, former curator of the Ukrainian Museum of Canada, Manitoba Branch, came out of retirement to organize and select artifacts for the museum's latest exhibit.

Carole, well know as a local artist, comes from an ancestral line of weavers and has creatively made and promoted Ukrainian weaving. She has been an active member of the Museum for many years and is well acquainted with the collection. Carole also shared a few of her own treasures: wooden plates with intricate designs, inlaid with multi-coloured beads and mother of pearl; tablecloths with cut out designs; pysanky and pottery. These items enhance the embroidered shirts on display, a beautiful bridal wreath and a Bukovinian headpiece covered with paper flowers and tiny beads in delicate designs highlighted with coins.

Carole Romanyk seated at her loom

Also on display are beautifully embroidered ryshnyky (ritual cloths) that were hand stitched by museum members. Old tools used for washing and ironing clothes, both interesting and rare, are showcased. In addition, there is a wonderful display of unique and beautiful pysanky donated by Mrs. Nellie Pawlik, the original founder of the collection that became the museum. An original trunk with its treasured contents, brought to Canada by Ukrainian immigrants, can also be viewed.

All are encouraged to visit the museum and see the new display! Tours can be arranged by calling 204-582-1018. The Museum is located at 1175 Main Street, Winnipeg, Manitoba.

Margaret Pestrak, President

Left to right: Stefan, Daria and Mark Olynyk

DARIA OLYNYK RECEIVES PRESTIGIOUS AWARD

Family and Friends Celebrate the Award with Daria

In the presence of her family, friends, and members of the Parkdale-High Park chapter of the Rotary Club, Daria Olynyk was inducted and presented with the Paul Harris Fellow Award on June 19, 2014 in Toronto.

The Paul Harris Fellow Award is the highest honour a Rotary Club can bestow upon a person, either inside or outside the club. The award acknowledges "service above self" which that individual has offered to the community, the nation or to the world.

Daria was introduced by her long time friend and colleague, Karen Yarmol Franko, as selfless, passionate, focused, committed, tenacious, persuasive, resourceful, professional, thoughtful, compassionate and humble. These attributes infuse the volunteer projects she has been involved in for nearly 40 years. Daria's dedication to sharing Ukrainian culture with the wider community initiated her lifetime of volunteering with the following organizations: Desna Ukrainian Dance Company, Odessa Pavilion, Metro International Caravan; Board of Directors, St. Vladimir Institute; SUS Foundation of Canada. Additionally, she volunteered with her alma mater, the University of Toronto.

Daria extended that dedication to educational excellence when her sons, Stefan and Andrew, were born with: membership on the parent council at Humbercrest Elementary School, the Curriculum Committee at Tsiopa Palijiw Ukrainian School and as a CYMK (Youth Group Advisor) at St. Demetrius Ukrainian Orthodox Church.

When they lost their son, Andrew, Daria and her husband, Mark, set up a number of scholarships in his memory, reflecting his love of the arts: a Canadian Children's Opera Company Scholarship, a Ukrainian Orthodox Youth Leadership Award and the "Andrew Olynyk Impact Award" for an exceptional student of the Etobicoke School of the Arts.

Daria also facilitated a fundraiser, "An Evening of Andrew", for St. Joseph's Health Centre Foundation in 2012. Over $10,000 was raised in an evening of song in memory of Andrew for the "Just for Kids Clinic".

Recently, using her professional skills in social and online media, she has worked as a Director of the SUS Foundation of Canada, as Advisory Committee Member of the All Saints Chapel Fundraising Gala Banquets, as Co-chair of the Ukrainian Art Song Project and as a Member of the Kobzar Literary Award Presentation Committee. Daria's like-minded spouse, Mark, also gives generously of his time to both Daria's volunteer projects and his own, demonstrating his support and love for Daria.

Daria's proud parents, Olga & Walter Kuch, who were present at the presentation ceremony, have also spent decades volunteering for various organizations. They have been her role models.

During the evening of celebration, a number of community leaders spoke about Daria, including Janet Gunn, Director of Communications at the St. Joseph's Health Centre Foundation; Dr. Christine Turkewych, Director of Literary Arts for the Shevchenko Foundation; Fr. Walter Makarenko, Pastor of St. Demetrius Ukrainian Orthodox Church and Pavlo Hunka, Founder of the Ukrainian Art Song Project, who said: "It is with great pleasure that I offer a few words of congratulations to Darka, and, of course, my admiration and thanks for her assiduous work on the Ukrainian Art Song Project. She leads us into our new phase of work with consummate aplomb—a true leader with a veritable passion for our dream: to help put Ukraine's classical music on the world stage, where it belongs. Darka's professionalism and tireless energy is contagious and with her help we will achieve our goal in the years to come. She is a true Ukrainian soul; but more, a personality that sees projects to the end, recognizes how to play to the strengths of others. An award so well deserved. Larysa and I salute her work beyond the Ukrainian Art Song Project."

Daria is a UWAC member and has been immersed in the organization since childhood. Her parents were strong CYMK members, and her mother, Olga Kuch, one of the founding members and a very active member of UWAC Barvinok Branch in Oshawa, Ontario. She always included her children in her many projects. Daria was a staunch CYMK member, always heading up projects. She mentored many other CYMK members. She acted as an Adult CYMK advisor to the Sophia Rusova Branch and reported yearly to UWAC.

Currently, she is a member of the Sophia Rusova Branch in Toronto, accepting executive roles and always assisting when needed. She is a member of the Ukrainian Museum of Canada and continues to be a member of St. Vladimir Institute.

We congratulate Daria and recognize all her volunteer efforts. She is a wonderful role model for women in all aspects of life.

Darcia Moskaluk-Rutkay,
Toronto, Ontario

Річні збори 2013 р. Відділу Ольги Кобилянської в Чіллівак, Британській Колумбії

Замовлено для всіх членок шпильки-смолоскипи, які можна набути від Краєвої Управи Союзу Українок Канади. Членки гордо їх носять!

Front Row (from left to right): Tillie Oleksy, Angie Dwernichuk, Nellie Marchuk, Anna Zeidler, Marlene Lawby, Winnie Hoytenuik

Back Row (from left to right): Sylvia Wickett, President, and Rev. Peter Hnatiw, Chaplain

Above left to right: Sylvia Boychuk- SK. provincial President, Mary Humen- Branch President, Cec Kachkowski- Membership Chair & Past-President, Alicia Klopoushak- President Olha Kobylianska Branch-Saskatoon Cathedral, Sonia Sokyrka- HR Branch Vice-President, Vesper Kowalsky-Past President Olha Kobylianska Branch

Above: Pat Shevchuk- 40 years, Mary Humen- President.

Above: Cec Kachkowski- Membership Chair, Helen Stokalko- 60 years, Mary Humen- President.

Above: Sonia Sokyrka- Vice-President & Communications, Sylvia Gryba- 60 years, Mary Humen- President.

Above: Cec Kachkowski- Membership chair, Pauline Blatz- 50 years, Mary Humen- President.

UWAC Hanka Romanchych Branch of Saskatoon, SK Hosts Membership Tea

The 2014 Membership Tea of U.W.A.C., Hanka Romanchych Branch, was held on Sunday March 16, 2014.

Our Sunday Church service was followed by a memorial service honouring all our former reposed members. This was followed by our luncheon and program.

The theme of the tea was the celebration of the 200th Anniversary of the birth of Taras Shevchenko.

The Very Reverend Father Roman Kocur conducted the opening prayer. Members and guests enjoyed both the program and luncheon.

Wonderful entertainment was provided by the Dibrova Choir and Folk Ensemble. Their renditions reflected the Taras Shevchenko theme.

Special greetings were brought by Sylvia Boychuk, U.W.A.C. Saskatchewan Provincial President, and Alicia Klopoushak, Co-President, Olha Kobylianska Soyuz Branch from Holy Trinity Cathedral in Saskatoon.

Our newly elected President, Mary Humen, spoke on the topic "Change Enabling Action". This topic was first presented by Kimberly Gutsche at the 2013 Ukrainian Self-Reliance League of Canada Convention and was very timely. Mary reiterated how important it is to be able to adapt with the changing times in order for any organization to remain viable. She quoted Kimberley, who had spoken about "team building and embracing change" to open members' thinking about how our UWAC can adapt to change from within. New ideas are always encouraged and at Hanka Romanchych, we are committed to better communication among our members and to encouraging new members to join.

This year we honoured the following members:

60 years -Sylvia Gryba
-Helen Stokalko

55 years -Dorothy Bokshowan

50 years -Pauline Blatz
-Vera Labach

40 years -Pat Shevchuk
-Sonia Sorestad

30 years -Anne Saley

Honourable mention for 15 years:

-Helen Schreiner
-Anastasia Shinkewski

Six new members were introduced to our branch:

-Beverly Ann Bazowski
-Nancy Litwin
-Dobr. Brenda Kocur
-Sally Skwarchuk
-Katherine Woloschuk
-Toni Bodnar

The door prize, a one year Promin Subscription, was won by Lil Holowaty.

Proceeds from the membership tea as well as a donation from the Hanka Romanchych Branch amounting to $525.00 was forwarded to Promin.

At the close of the tea, everyone enjoyed the sampling of a variety of tortes along with the fellowship.

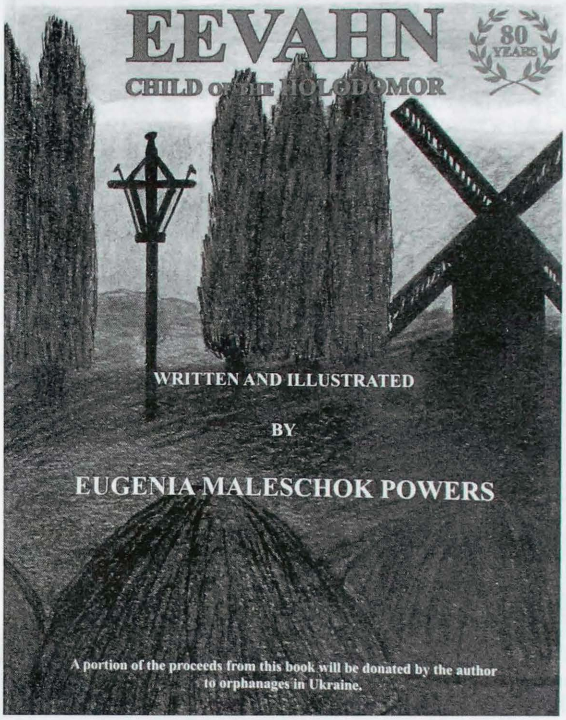
Alice Chayka,
Promin Representative

Союз Українок Канади ім. Олени Пчілки в Йорктоні, Саскачеван

Відділ С. У. К. ім. Олени Пчілки в Йорктоні влаштував Св'ято Членства 10-го червня, 2014 року. При цій нагоді вшановано Елнор Дорош за 25 літ (на жаль, не була присутною), Василину Кирстюк за 25 літ, Ольгу Суркан за 25 літ, Анну Ахтимійчук за 40 літ і Фіялку Станіцьку за 40 літ постійного членства. Голова відділу, Ліона Процишин, причіплювала корсажі вшанованим членкам і подала їм шпильку за числом їхнього членства. Всі були запрошені на вечерю, членки й гості, та мали нагоду послухати молодих діток, які співали українську пісню під проводом пані Олесі Піць.

Параскевія Семенюк, Рекордова Секретарка

Recognition of UWAC members of the Olena Pchilka Branch in Yorkton, SK on June 10, 2014. Left to right: Wilma Kirstiuk (25 years), Olga Surkan (25 years), Anne Acthymichuk (40 years) and Phyllis Stanicki (40 Years).



Left to right: Orysia Sushko, Eugenia Maleschok Powers, Dobr. Larysa Makarenko

BOOK LAUNCH

UWAC Lesia Ukrainka Branch, St. Vladimir's Parish and UCC Launch Book Hamilton, Ontario

EEVAHN, Child of the Holodomor, the book commemorating the 80th Anniversary of the Holodomor, was officially launched on Wednesday, November 20th, 2013, in Hamilton, Ontario. The evening launch was jointly organized by St. Vladimir's Cathedral parish, the Lesia Ukrainka Ukrainian Women's Association of Hamilton and the Hamilton branch of the Ukrainian Canadian Congress.

Orysia Sushko, Parish Council President, welcomed everyone and briefly related the background of the book's author and illustrator, Eugenia Maleschok Powers. Dobr. Larysa Makarenko, President of Hamilton's Lesia Ukrainka Women's Association, then spoke of Eugenia's involvement with the women's organization and of the Powers family's participationin parish activities over the years.

Eugenia, after thanking everyone for coming, began relating some interesting facts regarding the development of the book. Originally, EEVAHN, Child of the Holodomor, was a short story written more than three years ago when she was a freelance writer. Some friends, after reading it, suggested that it should be further developed. She took their suggestions to heart.

As she began rewriting it, she decided that the story should be about a few things. First and foremost, it should explain the Holodomor to readers who probably never had heard of it, such as young adults. She would write the book for readers 10 years of age and older. Also, in order to be credible, the story would have to be about actual events and true experiences.

She began gathering stories from people who had managed to escape and survive the Holodomor, that man-made famine that Joseph Stalin inflicted upon the Ukrainian people in 1932-1933. Because these survivors were children at the time of the HOLODOMOR, the terror and horror they experienced are memories from

their childhoods. The indelible scenes they so vividly recall were seen through their eyes as children. Thus, the hero of the book had to be a child. That hero would be EEVAHN, a ten-year-old boy from a farm near Kyiv (Kiev).

Secondly, the book should introduce the reader to Ukraine and Ukrainians. The beauty of the various regions of Ukraine, the wealth of its natural resources, the diversity of religions and the "hope and dignity" of the Ukrainian personality should be revealed. All the places mentioned in the book are places she and her husband have been.

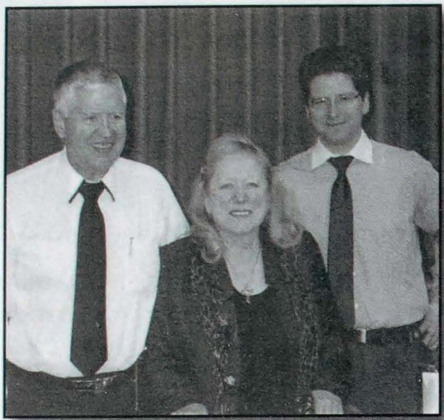
Finally, the book had to have relevance to more than just Ukrainians. EEVAHN, Child of the Holodomor is the heroic story of a group of Ukrainian fugitives fleeing from the death sentence imposed upon Ukraine by the dictator, Joseph Stalin. But it is more than that. It is about mankind's universal desire to live in freedom from oppression anywhere in the world.
Like Ukrainians, other people around the globe have fought, and still are fighting, cruelty and domination with steadfast and unwavering determination.

Realizing that, in today's busy and rushed life, not everyone has the time to read a a book cover to cover, she decided to illustrate the story completely so that anyone, even by just flipping through the book, would get the gist of the story. However, this decision certainly prolonged the publication of the book. Whereas the text took a few months to complete, the 45 full-page, colored illustrations and one map took over two and a half years!

The evening concluded with book signings and a lovely buffet lunch where guests mingled with the author, her husband, Dr. Peter Powers, and their son, Dr. John Powers, who were also in attendance.

EEVAHN, Child of the Holodomor is priced at $35.00, plus mailing charges. A portion of the proceeds from the sale of the book will be donated by Eugenia to orphanages in Ukraine.

The book may be ordered by:
E-mail: eugeniapowers3@yahoo.ca or
Canada Post:
Eugenia M. Powers,
Box 68009 Blakely,
Hamilton, Ontario L8M 1L0



Left to right: Dr. Peter Powers, Eugenia Maleschok Powers, Dr. John Powers

Рідне слово

Answers to Ukrainian Language Exercise (June-July issue)

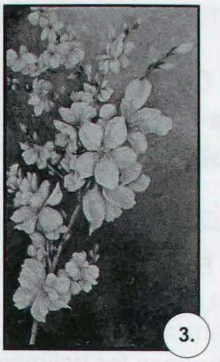
1. У церкві, жінка сидить у першому ряду.
2. Вона має зелені очі.
3. Священик має дзвінкий або урочистий голос.
4. Гріх—це поганий, непорядний вчинок.
5. Промінь по-англійське означає "ray of sunshine".

Відповіді на англійські питання

Ось відповіді на "Putting Promin Together".

1. Promin's printer is located in Hamilton, Ontario.
2. "Several" means "a number of" or "a few" or "some".
3. The writer checks her article for accuracy of the facts, sentence structure, spelling, grammar and punctuation.
4. Another word for "checks" is "verifies".
5. Promin is produced by the magic of computers.

1.



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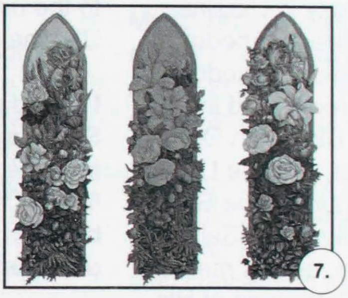

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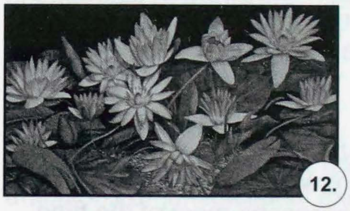

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SYMPOSIUM 2014
Ukrainian Orthodoxy in the Global Family of Orthodox Churches: Past, Present and Future
May 8-11, University of Toronto
SUMMARY

This Symposium was the brainchild of Yaroslaw Lozochuk and Yars Balan who were with a delegation to Constantinople a few years ago. Discussion in a hotel room spawned the idea to gather together academics from Ukraine and the diaspora to discuss the issues of the disunity of Orthodoxy in Ukraine today. As you know, there are three Orthodox churches in Ukraine: The Ukrainian Orthodox Church, Moscow Patriarchate (registered in Ukraine by this name in 1991); Ukrainian Orthodox Church, Kyivan Patriarchate, and the Ukrainian Orthodox Autocephalous Church. The Symposium was organized by the Ukrainian Self Reliance Association of Canada, and its member CYC organizations, under the Patronage of His Holiness Patriarch Bartholomew, with the blessing of his Grace Metropolitan Yuriy, support of the Consistory of the UOCC and co-sponsorship of St. Andrew's College in Winnipeg and CIUS in Edmonton.

I registered at the end of April. The recommended Holiday Inn was fully booked, so I took the last available room, which included breakfast, at the nearby, recommended Madison Manor Boutique Hotel in a Frat house area adjacent to two houses with bars on every floor. It was, however, a great place to stay, within walking distance of St. Michael's College at the University of Toronto where the Symposium was held and 2 minutes from the metro for efficient $3 access to the airport.

The Symposium was highly academic with an assembly of twenty-four educated and learned speakers from Canada, United States, and mostly Ukraine. Speakers included laity, clergy from the UOCC, all three Ukrainian Orthodox churches in Ukraine, Ukrainian Catholic Clergy, OCA, the Greek Orthodox Archdiocese of America and advisor to the Ecumenical Patriarch. The primary purpose of the Symposium was to "provide clarity of the significant attributes and historical role of Ukrainian Orthodoxy for believers in Ukraine, Canada and beyond. Further, it is the belief that the Symposium can and will contribute tangibly, to the unity of the Ukrainian Orthodox faithful in Ukraine."

I attended every session Thursday, Friday and Saturday, as well as getting a ride on the bus that took the Symposium speakers from the Holiday Inn to Oakville on Sunday for the Divine Liturgy, banquet and speeches on The Ukrainian Church after Maidan.

Most of the Symposium speeches were presented in Ukrainian. There was instant translation being made, which I accessed most of the time. Translations were often difficult to follow. These speeches can be accessed on YouTube. In addition, Dr. Roman Yereniuk at St. Andrew's College will be publishing all the talks in his next publication of Faith and Culture/Віра і Культура.

<u>Symposium Highlights</u>

Although the issue concerning the Symposium was largely focussed on the divisions and need for unity in the Orthodox Church in Ukraine, there was much in the presentations that we in Canada can take and apply to our own situation.

1. We need to better understand the history of our church in the motherland and the influences on it over two millennia. This defines who we are as Ukrainian Orthodox Christians.

2. Issues affecting Orthodoxy are influenced by outside political agendas.

3. Churches in Ukraine are divided on ideological lines.

4. In Ukraine, there is a critical need for faith, spiritual enlightenment, art, education, social development, love, charity, and appreciation/study of Ukrainian geniuses of the past. (This would apply to us in Canada as well.)

5. The foresight/work of our laity in the formation of the Orthodox Church in Canada provides a model and inspiration for continued work in Canada and for establishment of an autocephalous Orthodox Church in Ukraine.

6. Distinctive features for renewal: election of individuals with morality, open approach to other religious systems, tolerance, political motivation, focus on New Testament, appreciation of the uniqueness of traditions, rites and national language, as well as a need for Orthodox internet resources, Sunday Schools, and focus on social issues.

7. "The Church does not have geographical ambitions or jurisdictional interests. Orthodoxy can play a major role in the world. The church must disabuse itself of nationalism that becomes idolatry. It must free itself of parochial arrogance or competitiveness so as to provide an unbiased witness to all humanity of the Orthodox tradition of metanoia (change), forgiveness, communion and love. It is these that bring about healing and reconciliation."

8. Needs of Autocephaly in Ukraine: sufficient number of priests and bishops, sufficient flock, a desire to be independent, consensus and approval of autocephaly, territorial independence managed by a local bishop. Requirements for Autocephaly: declaration of intention and acceptance by civil authorities; recognition by other Orthodox churches. Challenges: divisions of Orthodoxy in Ukraine, lack of serious approach in recognizing the true Mother church, interference of a third party (Moscow). One Alternative: for the Ecumenical Patriarch to recognize the Mother Church of Ukraine in order to unify all Orthodox Ukrainians.

9. Regarding "Maidan": People from all around Ukraine were involved in the protests. People came from varied backgrounds and faiths. They were unified in a common cause for dignity and justice in a civil society. They helped one other with various physical needs during the protests. The Maidan gathering was a model for religious, social and political unity. It not only changed the people politically, but they also realized that they were a source of power and could choose their fate and freedom. The hope is that the dynamism of the Maidan and continued dialogue will help unify Orthodox Christians.

My recommendation would be to listen to speakers #11 Chryssavgis and # 22 Buciora, who both spoke in English, as I found their comments interesting and useful.

On Monday, May 12, following the Symposium, I attended a presentation made by medical doctors who had gone to Ukraine on a fact finding mission concerning the injuries sustained by protesters in the Maidan. The medical team visited with scores of injured victims and drew up an extensive database documenting names, addresses, personal status, and the type of injuries sustained. They also took photos of the disfigurements. This database will provide information for assessing the monetary needs of the victims for facial reconstruction, plastic surgery, prosthetics, etc. It will determine how the funds collected in Canada, largely from Alberta's private donors and the Government of Alberta, will be distributed to assist in medical care for the most needy victims.

Lesia Perritt

Editor's Note:
Lesia's report has been significantly abbreviated.

Стефанія Крикун

Родина Крикунів, приятелі, члени Церкви св. Михаїла та членки Союзу Українок Канади Відділу Кн. Ольги переживали сумний час, коли почули, що упокоїлася Стефанія Крикун 27-го вересня, 2013 року в 90-му році свого життя.

Стефанія Крикун народилася недалеко Житомиру на Вкраїні 1923-го року. Вона пережила Голодомор 1932-го до 1933-го року, коли мала лише дев'ять років. Протягом Другої Світової Війни, життя було тяжке не тільки для Стефанії, але всім українцям. Підчас Війни молода дівчина була забрана до Німеччини на тяжку роботу в фабриці. Після війни, Стефанія познайомилася з Федором Крикуном і одружилася з ним 30-го травня, 1945-го року. З Німеччини поїхали до Бельгії, а потім, 1951-го року, приїхали до Канади й поселилися в Едмонтоні в Альберті.

Коли Церква св. Михаїла будувалася в Калдер околиці, родина Крикунів стала членами й щиро помагали працею та підтримували фінансово церкву. Стефанія записалася до Союзу Українок Канади Відділ Кн. Ольги 1961-го року. Виконувала обов'язки при Контрольній Комісії та шість років була помічницею в кухні. Також помагала різними иншими справами. Її діти ходили до Рідної та до Недільної Школи і були активними в СУМКу.

Бог поблагословив Стефанію та Федора двома синами, однією дочкою, чотирма онуками й п'ятьма правнуками. Муж, Федір, упокоївся 2010-го року.

Панахида й похорон відбулися першого й другого жовтня, 2013-го року. Служив митр. о. прото. Миколай Равлюк.

Deep sadness and sorrow was felt by the family, friends, members of St. Michael's Parish and members of the Ukrainian Women's Association of Canada, Kniahynia Ol'ha Branch in Edmonton, Alberta, when they learned of the passing of Stephania Krickun on September 27, 2013 at the age of 90 years.

Stephania was born in 1923 near Zhitomyr, Ukraine. Growing up was difficult in those times for most Ukrainians. Stephania survived the Great Famine (Holodomor) of 1932-33. She was nine years old at the time and remembered people begging for bread, children dying in the streets and other tragedies. Stephania felt fortunate and thanked God she had survived.

At a young age, during World War II, she was taken to Munich, Germany to work as a slave in a factory. The work was hard, hours were long and food was scarce. When the war ended, Stephania met and fell in love with Fedir Krickun. They were married on May 30, 1945. In 1946, while still in Germany, they were blessed with a son, Mickey. They moved to Belgium, where their second son, Mike, was born. They immigrated to Canada in 1951, searching for a better life. First, they settled in Quebec but moved to Edmonton, Alberta in 1952. Here, a daughter, Ol'ha, was born. With hard work and sacrifice, they prospered and were satisfied and grateful to live in Canada.

In 1959, when it was decided to build a church in the Calder district, Stephania and her husband became members. They supported the building with hard work and financial support. Stephania joined the Ukrainian Women's Association of Canada, Kniahynia Ol'ha Branch, in 1961. She held positions as a cook's assistant for six years and was on the Controlling Committee. She was always avail-

able to help whenever needed. Her children attended Ukrainian and Sunday Schools and they were active in the Ukrainian Youth Association of Canada or CYMK.

Fedir and Stephania were blessed with two sons, one daughter, four grandchildren and five great-grandchildren. Fedir, passed away in 2010.

On May 29, 2005, the Krickun family and friends gathered together to celebrate the 60th Wedding Anniversary of Stephania and her husband. Their oldest son, Mickey, made an emotional and heartfelt speech: "I don't have to win a lottery, because I've already won by having parents like Fedir and Stephania. What loving and courageous people, who, with little more than the clothes on their backs and two small boys, took a chance and travelled halfway around the world so they would have the opportunity for a better life. Thank you, Mama and Tato!"

Funeral prayers were held on October 1, 2013 and the funeral took place October 2 at St. Michael's Ukrainian Orthodox Church with Right Rev. Mitred Archpriest Father Nicholas Rauliuk officiating. The members of St. Michael's UWAC formed an honour guard and held candles throughout the funeral.

An everlasting wreath in memory of Stephania Krickun has been presented to Promin by her Branch in the form of a $50 donation to the Press Fund.

May her memory be eternal!

Fiona Frances Tarnowetz,
Promin Representative

Mary Metrunec

Born in Beverly, Alberta, Mary was the eldest of five girls in the Katarina (Ferbey) and Dmetro Sorochan family. Her sisters were Annie, Lena, Sophie and Zory. The family moved several times, finally settling on a farm in the South Slawa District near Myrnam, Alberta when Mary was 10 years old.

The oldest child in a pioneer family, Mary worked hard on the farm alongside her parents. In order to continue her education beyond grade 8, Mary moved to Vermilion where she worked for her room and board in the home of Vermilion's family doctor. After doing the housekeeping and tending to their seven children, she would focus on her studies in whatever time was left at the end of day.

On August 28, 1933, Mary married Steve Metrunec. Two years later, they took up residence in the village of Myrnam. Here they raised their two sons and two daughters, meeting the many challenges facing young families during the Depression years, World War II and throughout the many changes in our modern society. Over the years, they were actively involved in working to build a strong community, school and church congregation.

Mary was a charter member of the Olena Pchilka Branch of the Ukrainian Women's Association of Canada that was organized in Myrnam in 1937. She was appreciated by her fellow members for her wisdom, humor and common sense. In 1944, Mary and Steve became members of the newly built Holy Trinity Ukrainian Orthodox Church in Myrnam. Mary enjoyed singing in the District church choirs.

Mary was very interested in other people and places and enjoyed watching travel documentaries. In 1976, Mary and Steve traveled to Ukraine and were able to meet with relatives there. For their 50th Wedding Anniversary, they joined a tour to the Holy Land. Two years later, Steve fell asleep in the Lord on March 6, 1985.

Cherishing her independence, Mary remained in her own home past her 98th birthday. She maintained a disciplined lifestyle, practicing "everything in moderation". Blessed with a remarkable memory, she could be relied on to recall names, dates, people and places. A lifelong learner, Mary enjoyed reading and kept up with the news of the day. She documented her days by keeping a journal, and

kept meticulous records of her growing family in numerous photo albums. Even with declining vision and mobility, she continued to express her creativity by designing and completing numerous knitting and crocheting projects which she loved to give to family members.

Baba Mary Zoe especially looked forward to regular family gatherings, phone calls and visits with her 13 grandchildren and 27 great-grandchildren, intently listening to their news, gently encouraging them, sharing stories from the 'olden days' and offering words of wisdom. Her faith and courage will continue to inspire and guide her family.

Mary lived through ten decades, reaching her 100th birthday on June 7, 2013. She is lovingly remembered and deeply missed by all her family.

The funeral service was held on December 28, 2013 in the Holy Trinity Ukrainian Orthodox Church in Myrnam, Alberta, with Reverend Father Wasyl Sapiha officiating.

May She Rest in Peace! Vichnaya Pamyat!

Submitted to Promin' with a donation in Mary's memory of $100.00 by her children Gerald and Anne Metrunec, Ron Metrunec, Orson and Vivian Gadowsky, and Marko and Carol Mihajlovich.

Paraskevia Woron

Paraskevia (Pearl) Woron was born to Natalia and Sergei Karakaletsia in Trubytsi Ukraine on September 28, 1923. She passed away suddenly at her home in Calgary on December 8, 2013.

During World War II, Paraskevia was taken from her home to work in a factory in Klein-Auheim Germany. It was there that she met her husband–to-be, Mykola (Nick) Woron. The couple were married in 1946 and while living in a displaced persons' camp, their son Walter was born.

The family immigrated to Canada in 1949 to the Lethbridge area where they were contracted to work on a sugar beet farm for two years. It was there that their daughter Maria was born.

In 1951, the family moved to Calgary where their second daughter, Zena, was born. Paraskevia immediately became active in the Ukrainian Canadian community. She was a long-time member of St. Vladimir's Ukrainian Women's Association and was a founding member of the Seniors' Club. In 1987, Paraskevia received an award for her many years of hard work and dedication to the congregation. An exemplary homemaker, she enjoyed cooking, baking, gardening, and entertaining family and friends.

Shortly before Paraskevia's passing, the family of whom she was very proud, expressed their love by coming from far and near to honour her on her ninetieth birthday.

Paraskevia was predeceased by her brothers, Petro and Vasyl, and a sister, Maria. She is survived by her husband Mykola, son Walter (Joyce), daughters Maria (Bob) Bulmer and Zena (Rod) Quinn, grandsons: Kevin (Maria) Woron, Cory (Charlene) Woron, Dan and David Bulmer, and Allen and Kenny Quinn, and great grandchildren: Cooper, Brady, Alex, and Veronica.

On Friday, December 19, 2013, a Panakhyda was served at St. Vladimir's Ukrainian Orthodox Church. The funeral service was held on Friday, December 20, with Rt. Rev. Fr. Taras Krochak and Rev. Fr. Timothy Chrapko officiating. Paraskevia's six grandsons were the pallbearers for their beloved Baba.

Memory Eternal.
Maryann Kowalsky, Calgary UWAC

Mary Sturby

With great sorrow in our hearts we say goodbye to our kind, gentle and much loved mother, baba, sister and aunt. Mom passed away in the early hours of Saturday, May 17, 2014 at Royal University Hospital in Saskatoon with her children by her side at the age of 93 years.

Mary was born June 27, 1920 in Gronlid, SK. to Dmytro (Elena) Panchuk. She was the middle child of five siblings, Eli, Bella, Olga and Agnes. When she was 22 she married a young man, John Sturby, in 1942, and they moved to Sudbury where John worked for INCO Mines. They returned to Saskatchewan in 1947 and John joined the CNR as a station agent, so the family had the opportunity to live in various towns throughout Saskatachewan.

When the family moved to Canwood they made many close friendships. This is where Mary became a member of the Anglican Church Ladies and Homemakers. When John and Mary moved to Ilarion Residence, Saskatoon in 1994, they became members of the Ukrainian Orthodox Church of All Saints. Mary also became a member of the Ukrainian Women's Association, Hanka Romanchych Branch. She enjoyed her friends and church community and spent many days working at varenyky and cabbage roll bees. Sadly, as her health declined, she was unable to come out and help with these events.

In her personal life, Mary enjoyed cooking various dishes for her family. She was a gardener extraordinaire. John and Mary travelled to Israel, Egypt, England, all through Europe and Hawaii, Florida and Arizona. They both enjoyed being close to their children and grandchildren.

Mary is remembered with love by son, Gene (Corinne), daughters, Audrey Weinheimer (Denis) and Alice Steckler (Brian), by grandchildren and great grandchildren: Christopher Sturby (Isabelle), Claire and Patrick, Dan Sturby, Mark Steckler (Bobbi Vucinic), Matthew Steckler (Stephanie Bell), and by step-grandchildren: Nadia Clarke (Matt), Harrison, and William; Chris Weinheimer.

Surviving Mary are her sister, Agnes Sturby, brothers-in-law Al (Elaine) Sturby, Andrij Zuchok and many nieces and nephews. She was predeceased by her husband, John, in 2001; her parents, Dmytro and Elena Panchuk; brother Eli (Jenny) Panchuk; sisters, Bella (Bill) Cherny and Olga Zuchok.

Mary's funeral service was held at the Ukrainian Church of All Saints in Saskatoon on Wednesday, May 21, 2014. Officiating were the Very Reverend Roman Kocur and Very Reverend Bohdan Demczuk. The cross bearer was Marvin Sturby.

Mary's kindness, keen sense of humor and devotion to her family will be deeply missed by those who knew her. Her gentle nature and love of the outdoors will be lovingly remembered by all.

Mary Humen

Анна Ціпивник

У світлу незабутню пам'ять нашої дорогої Матері, Анни Ціпивник, яка упокоїлася 11-го вересня, 1994-го року, складаємо пожертву в сумі $100.00 як нев'янучий вінок на журнал "Промінь".

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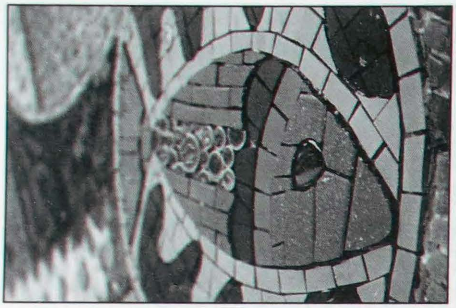

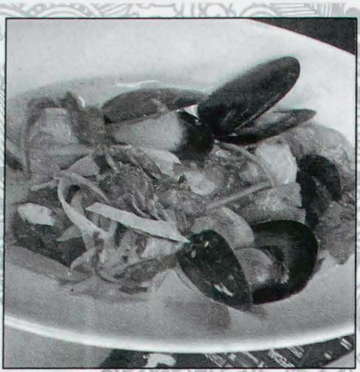

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UKRAINIAN MUSEUM OF CANADA
UKRAINIAN WOMEN'S ASSOCIATION OF CANADA
CALGARY COLLECTION

Слава Ісусу Христу! Слава на віки!

The Ukrainian Museum of Canada, Calgary Collection, is making its presence felt in our city. Our Board, under the capable leadership of Zennovia Haydey, has had a busy several months.

The museum was requested to participate in the Kerby Centre Malanka, held on January 21, 2014. Located in the heart of the city, the Kerby Centre is a not-for-profit organization committed to enhancing the lives of older adults. This is the second year that our museum has taken part with a lovely display of artifacts. The Gift Shop, run by Pat Slusarchuk, does a brisk business selling specialty articles – icons, crosses, baptismal items, cookbooks, pysanky and pysanka supplies – not only during regular museum hours, but also at church events, such as the annual Lenten Seminars and Lenten Vespers attended by members of Calgary's Orthodox community. The museum once again had a prominent exhibit at the fifth annual Calgary Ukrainian Festival on June 7 and 8. Given that 2014 is the one hundredth anniversary of the outbreak of World War One and the beginning of Canada's First National Internment Operations, it was fitting that this year's display focussed on internment and on educating the public on this still relatively unknown aspect of Canadian history. In the museum itself, a number of mini exhibits were featured on such topics as dance costumes and the Banff and Castle Mountain internment sites.

There is an increasing demand for our tour program, not only from schools, particularly grade three classes, where Ukraine is studied as part of the curriculum, but also from various adult groups. Our tours are coordinated by Orycia Kurczaba, who, this past school year, booked every available date until the month of June! The tours include a visit to the church, an overview of the early immigration of Ukrainians to Canada, the viewing of a video and hands on activities in the museum. These are based on one of three topics: Ukrainian dance, Christmas, or Easter traditions. A fourth theme is in the developmental stage. Children have the opportunity to sketch, search for artifacts in the treasure hunt, try their hand at weaving, practice dance steps, and learn some basic Ukrainian vocabulary. Adult visitors have a special interest in our map collection, particularly in light of the current crisis in Ukraine. Seniors' groups love to share their stories and exchange cultural traditions. Over seven hundred guests have crossed our threshold since September, 2013. When we receive letters of thanks from children stating that the museum and church "rock" and that the field trip was "so awesome" and "the best ever," we know that our efforts and hard work are worthwhile.

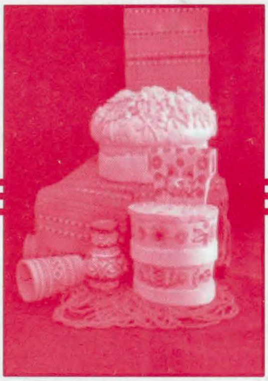
We anticipate an active fall season, starting with the unveiling of an internment plaque (as part of the CTO Project) at 11:00 A.M. on Friday, August 22. Tour dates for 2014-2015 are also filling up.

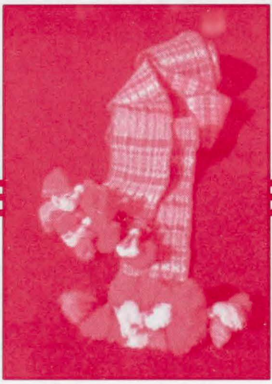
Our museum has a small but very dedicated group of volunteers, who devote countless hours to caring for the collection, to promoting our culture and faith to the general public and to ensuring that our Ukrainian heritage and the Ukrainian Canadian pioneer experience are preserved as a legacy for future generations.

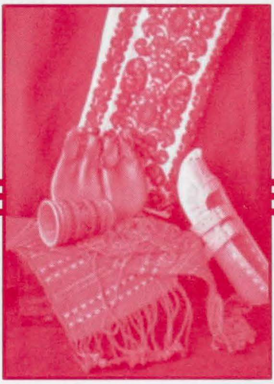
Uliana Holowach-Amiot

Ukrainian Museum Of Canada

Calgary Collection







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OPEN: Tuesdays 10:00am - 2:30pm or by appointment

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